

10 DAY SILENT RETREAT 2027

JANUARY 3RD - 14TH

TINAMASTE, COSTA RICA



WHAT'S INCLUDED

- This rare intimate program is rich and full of daily guided meditations, lectures, yoga, Q&A for personal support, tools and more.
- Onsite accommodation in the luxurious Sky Castle Sedona
- Healthy, vegan, catered meals for the whole program, so that you can dive deeply into your meditation.

INVESTMENT

- All inclusive.
- \$777 - \$1,333 food, (available) accommodation, and program

RETREAT LEADER

- Transpersonal psychologist (MA)
- 35 years of psychology practice
- 34 years as a yoga teacher
- 37 years practicing meditation
- Hridaya yoga teacher



Sitara Van Block

I'm Here to Offer:

An invitation to dive into presence.
with no distractions. I am
committed to supporting your deep
internal process, whatever it may be.

RETREAT ITINERARY

JANUARY 3

3:30-5:30

Arrival

6:00-8:30

Orientation and Opening

JANUARY 4-13

7:00

Meditation beginning in shorter segments,
building to one continuous deep session

9:00

Breakfast Break

9:45

Relevant Teacher Lecture

11:00

Hridaya Hatha Yoga

12:30

Meditation

1:00

Lunch Break, Rest, Integration

4:00

Meditation

6:30

Personal Practice

7:00

Dinner

7:30

Daily Themed Spiritual Discourse and Q&A

8:30

Evening Meditation

JANUARY 14

7:00

Meditation

9:00

Break Fast

11:00

Check Out

TESTIMONIALS



"If you are ready
to look in yourself, this is the place"
-Ako

"I felt comfortable and encouraged
This was where I was supposed to be"
-Josh



"This practice and program took me
deeper, faster and with more consistency
and gentleness than any other yoga or
meditation program I have ever
experienced."
-Ashtani

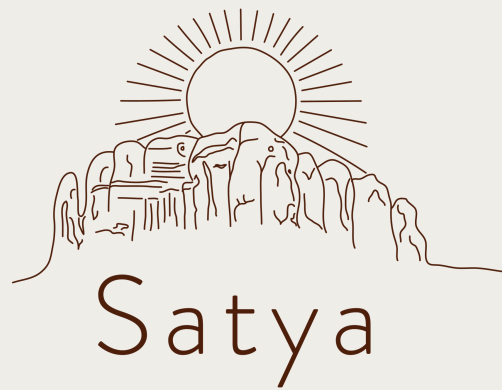


ECOMASTE

DIAMANTE VALLEY, COSTA RICA



WWW.ECOMASTE.COM/10DAYSILENT



"When mind is still, then
truth gets her chance to
be heard in the purity
of the silence."

- Sri Aurobindo

CONTACT US TO BOOK

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